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Running From Empty

Australian Story returns after its midyear break, with Matt Golinski's exclusive story.

For the first time, celebrity chef Matt Golinski speaks about recovering from the physical and emotional damage caused by a house fire that claimed the life of his wife and three daughters on Christmas night 2011. In the difficult months that followed, Matt focused on his passions for fitness and food.

"The day that I got out of hospital, I picked up a knife and I cooked dinner because I needed to know that I could actually do it and I did it. Then I sort of knew that was going to be okay." Matt Golinski.

"He was so lucky that he can still use his hands from his accident. He's even said, if his accident had affected his hands he would have learnt to use his feet"



to cook.” Erin Yarwood, Rehabilitation Assistant

Matt’s career was on the ascendancy when the fire destroyed his life. He was in a coma for eight weeks as his family farewelled his wife and daughters.

After leaving Royal Brisbane Hospital he began his long and painful rehabilitation.

It was here that he met Erin, a rehabilitation assistant, who he fell in love with and has now fathered another child against all odds.

In a story about overcoming the unthinkable, Matt reveals how he decided not to dwell on the tragedy and instead looked to a brand new future.

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